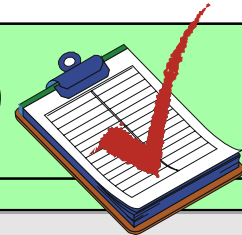


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Aug. 14, 2000

NEWS BRIEFS

DEFERRED COMP 2000

A Deferred Comp Expo is scheduled for Aug. 15 at 9 a.m. and at 2 p.m. at the Capital Plaza Civic Center in Frankfort. Each session lasts 2 hours.

STATE FAIR THIS WEEK

If you haven't heard about this, then you've been under a rock for the last month. CHS will be sponsoring a booth -- "The Garden of Good Health." Visit it in the South Wing at the fair Aug. 17-27.



TIP OF
THE
WEEK

Know the top health threats to women and your risks. Heart disease, cancers and cerebrovascular diseases such as stroke, are the leading causes of death in women. Women suffer more complications from the same severity of diseases such as diabetes, arthritis, depression and osteoporosis. By knowing your family history and talking with your physician, you can learn more about your risks and ways to minimize your chances of illness.

Health Services Takes Part In KECC Kickoff



CHS employees took part in the KECC Kickoff last week at Frankfort's Civic Center. From left are: Linda Cooper, Donna Stucker, Cindy Atkins, Alla Welch and Deanna Perkins.

KECC Meetings Scheduled For Employees

The Kentucky Employees Charitable Campaign has officially started with last week's kickoff. Cindy Atkins, the CHS coordinator for KECC, would like to thank the many employees who have already helped. Meetings are scheduled this month to help answer questions for employees. Here's the schedule: (All meetings except the last one

will be in the Health Services Auditorium)

Aug. 22, 9-10 a.m., Medicaid Services

Aug. 22, 10-11 a.m., Public Health/CON

Aug. 22, 1-2 p.m., Program Support

Aug. 24, 10-11 a.m., OIG/Office of Counsel

Aug. 24, 1:30-2:30 p.m., MHMR/Office of Aging (100 Fair Oaks, Conference Rooms A-B)

Health and Wellness Fair Set For Sept. 6

A Health and Wellness Fair will be held on Wednesday, Sept. 6, from 9 a.m. to 3 p.m. in the lobby of the CHR Building. CFC and CHS employees are encouraged to participate, along with employees of other agencies in the CHR building.

The following agencies have been invited:

- Frankfort YMCA

- Franklin County Health Department
- Kentucky Employee Assistance Program (KEAP)
- Agencies of the Department for Public Health
- American Red Cross
- International Hearing Society
- Fit Time For Women
- Frankfort Athletic Center
- Massage Therapists
- Transportation Cabinet's Drive Smart
- Kentucky staff

Move is Moving Along Well ...

The construction work is progressing smoothly and remains a bit ahead of schedule. Everyone's patience is appreciated. Panels are due to be installed in the Phase Two area (the 5th floor area where CHS Aging used to be) Aug. 21, with CHS Office of Program Support and Office of General Counsel moving Aug. 22.

This will complete Phase Two and change focus to Phase Three, the area on 4th floor where CHS and CFC Offices of Counsel now

reside. The CFC personnel who have moved into the completed Phase I area have been highly complimentary of their renovated surroundings. Hats off to the Finance workers and to the CHS & CFC move and technology staff who have worked hard to make good things happen. Beginning Wednesday, Aug. 23, the mail stop for CHS Human Resources Development and the Budget Branch will be "5WD" and CHS Office of General Council will be "5WB."

... HVAC and Coffee Grounds

A few other building notes:

Anyone needing assistance with heating and air conditioning, lighting or plumbing should call Don Jones of Mechanical Maintenance at 502-564-5483.

Coffee grounds should not be put in the bathroom sinks. They should be put in trash cans to avoid clogging up the drains.

Employee Benefit Fairs To Be Held Statewide During September

State employee Benefit Fairs have been scheduled for next month around the state. Here is a listing of some of the fairs where there are CHS employees. Check with your personnel officer if you need more information.

All fairs are from 2-6 p.m. local time.

FRANKLIN: Sept. 13-14, Civic Center.

FAYETTE: Sept. 19, Horse Park, Club Lounge.

JEFFERSON: Sept. 19-20, Fair and Expo Center, West Wing, West Hall.

CHRISTIAN: Sept. 12, Hopkinsville Comm. College, Auditorium Art Gallery

BARREN: Sept. 15, WKU Glasgow, Old Gym.

LAUREL: Sept. 28, Technical School, Rooms A&B

PULASKI: Sept. 22, Somerset Comm. College, Meece Hall Student Lounge.

Healthy Kentuckians 2010 Is Online

Outlines Prevention Plans For the Next Decade

Kentucky's plan for health prevention, "Healthy Kentuckians 2010," is now available electronically.

The document can be viewed at the Department for Public Health website: http://publichealth.state.ky.us/healthy_ky_2010.htm.

This document is the state's commitment to the national prevention initiative *Healthy People 2010*. The two common overarching goals are to increase the quality and years of healthy life and to eliminate health disparities. This document provides direction for individuals to change personal behaviors and for organizations and communities to support good health through health promotion policies. Approximately 800 printed copies of this document have been sent to people across the state.



KECC Did You Know?

If you contribute just \$4 per paycheck to the Kentucky Employees Charitable Campaign, it will provide:

- Two weeks of before and after school care for one child.
- A Christmas basket, including food, for a family of four.

Consider payroll deduction for KECC this year.

The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. Printed with state funds.

